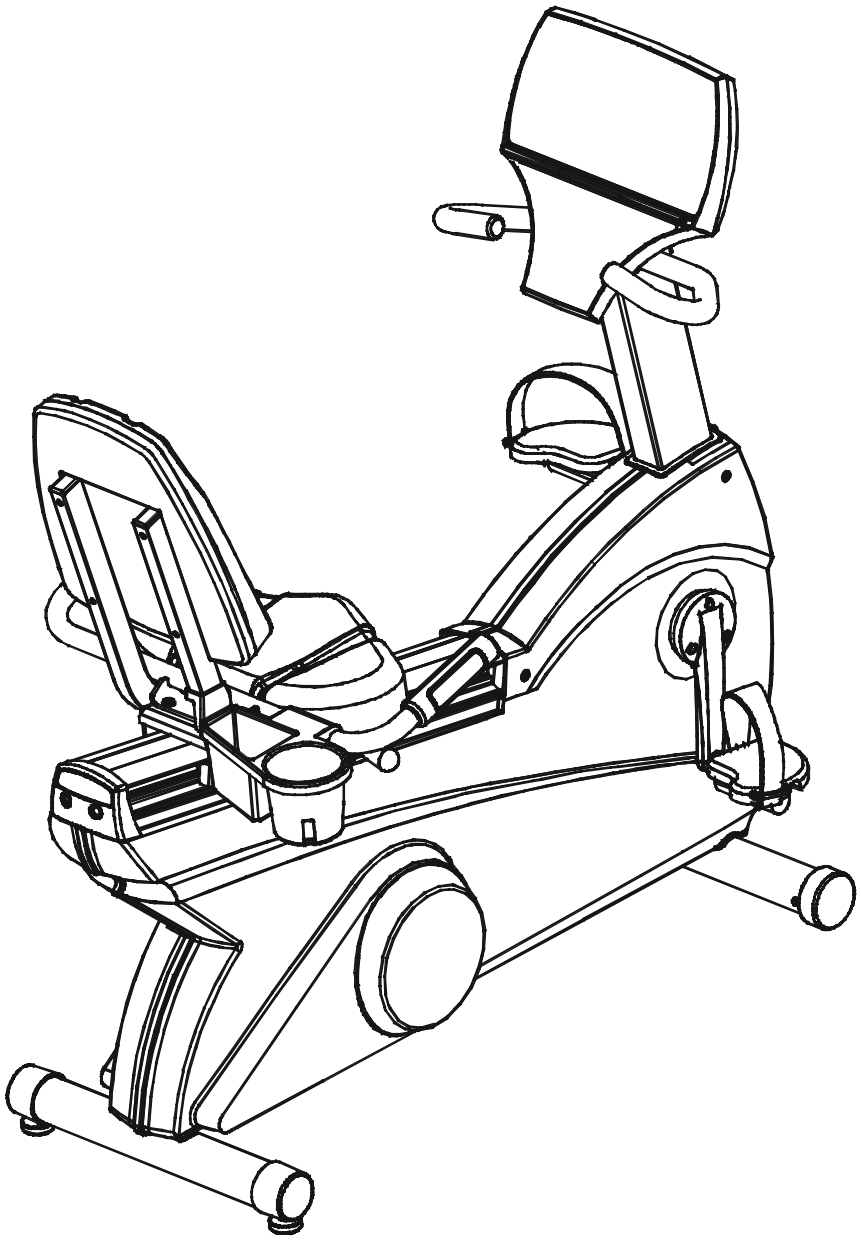
LifeFitness

Arctic Silver 90R Recumbent Bike



Customer Support Services

PARTS MANUAL

OPERATION MANUAL	M051-00K39-A026
ACCESSORY TRAY KIT	AK39-00052-0004
HARDWARE BAG	GK39-00002-0008
POLAR UPGRADE KIT	GK39-00002-0001
TOUCH UP PAINT: SPRAY CAN .5 OZ BOTTLE W/APPLICATOR .33 OZ PEN	 0017-00008-0204 0017-00008-0205 0017-00008-0206
SERVICE MANUAL	M051-00K39-A012

Page

CONSOLE COMPONENTS 4

CONSOLE SUPPORT ASSEMBLY 5

SHROUDS, END CAP, CRANKARMS AND PEDALS 6

BELTS 7

POWER CONTROL BOARD 8

ALTERNATOR W/PULLEY 9

CRANKSHAFT AND BEARING ASSEMBLY 10

INTERMEDIATE SHAFT AND BEARING ASSEMBLY 11

IDLER BRACKET ASSEMBLY 12

SEAT ASSEMBLY 13

SEAT BOTTOM ASSEMBLY 14

SEAT FRAME ASSEMBLY 15

SEAT PADS AND ACCESSORY TRAY 16

EXTRUSION ASSEMBLY 17

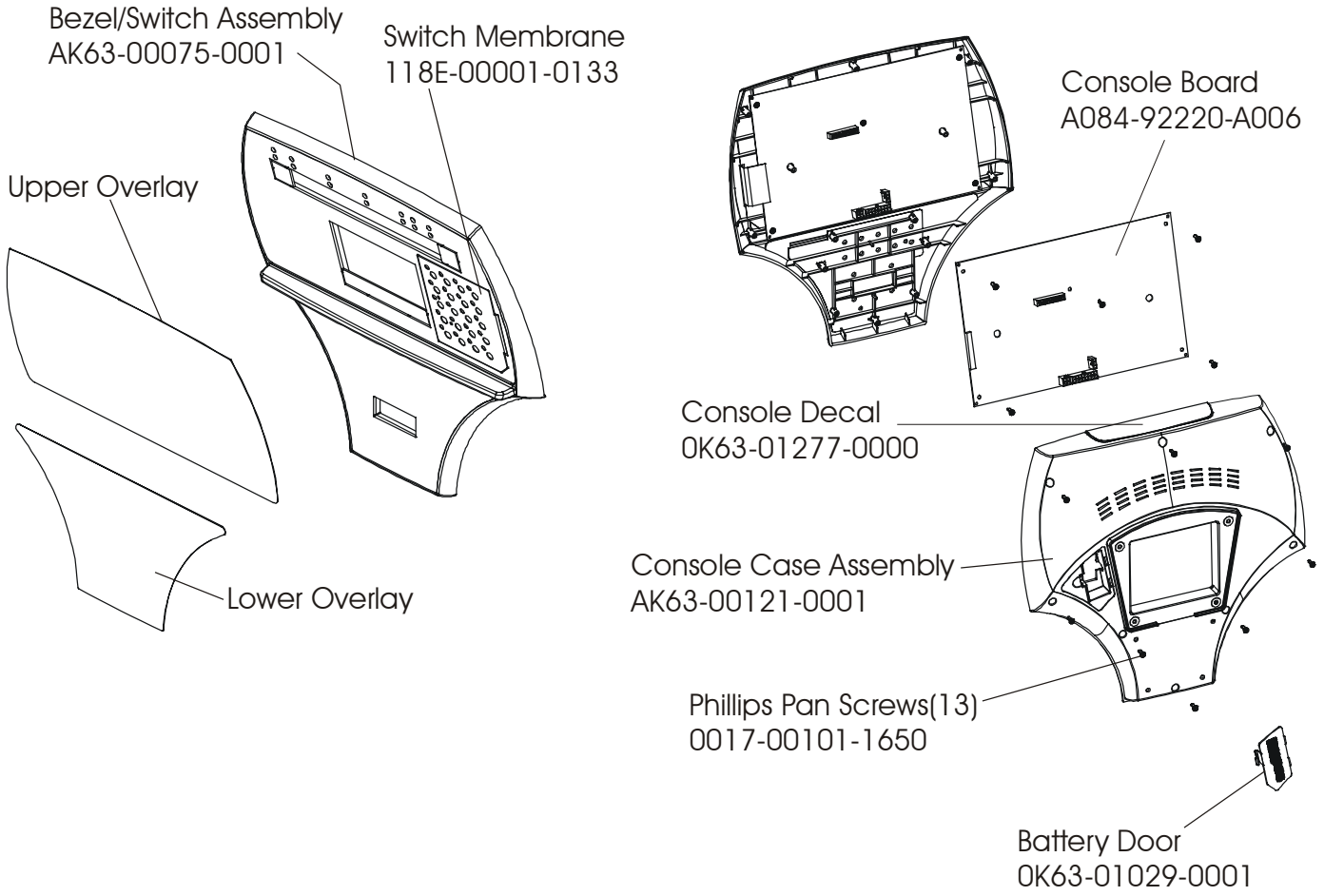
SEAT LOCKING ASSEMBLY 18

WHEEL AND LEVELER 19

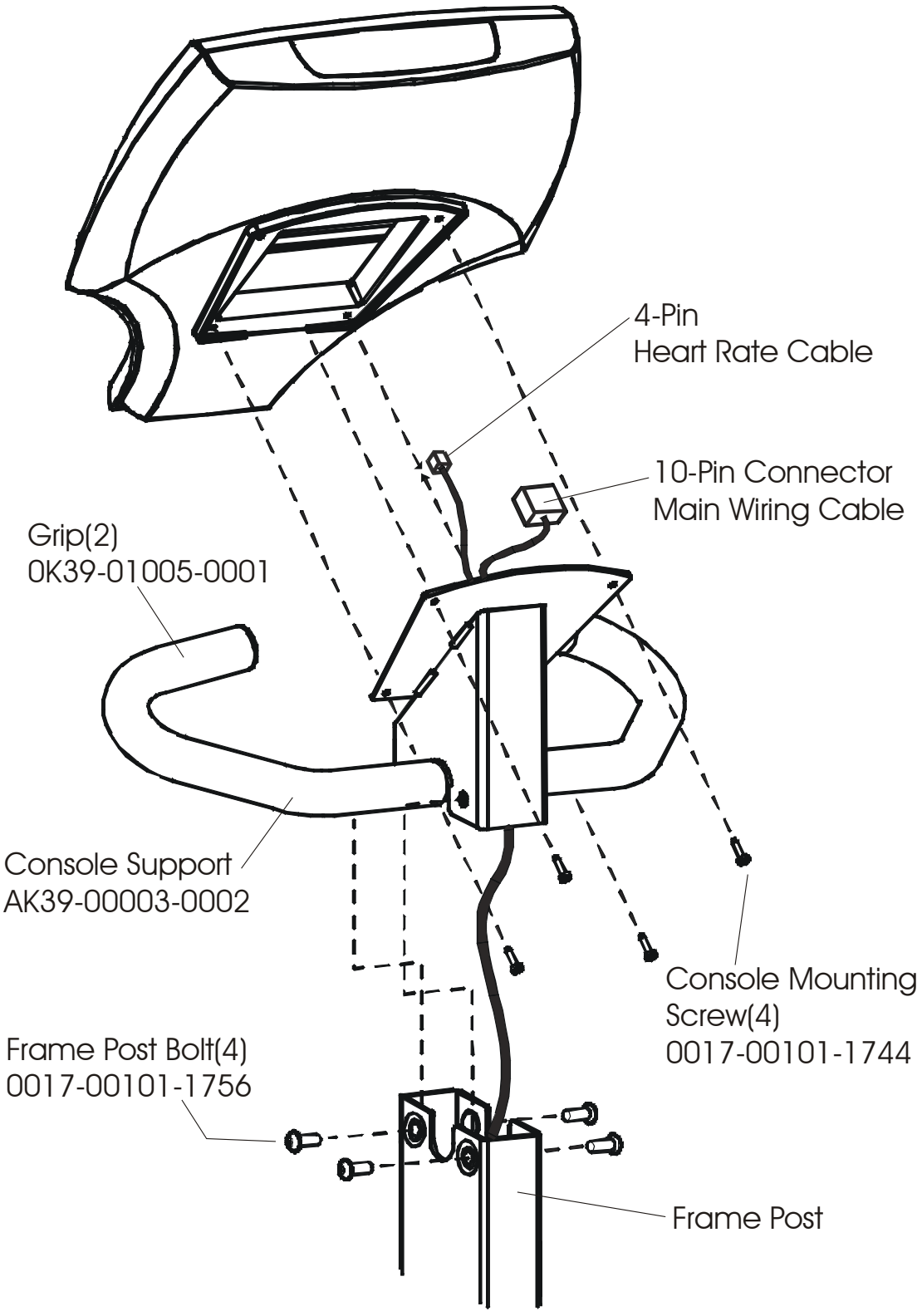
CABLES 20

Console Components

S/N CCJ100000 and UP

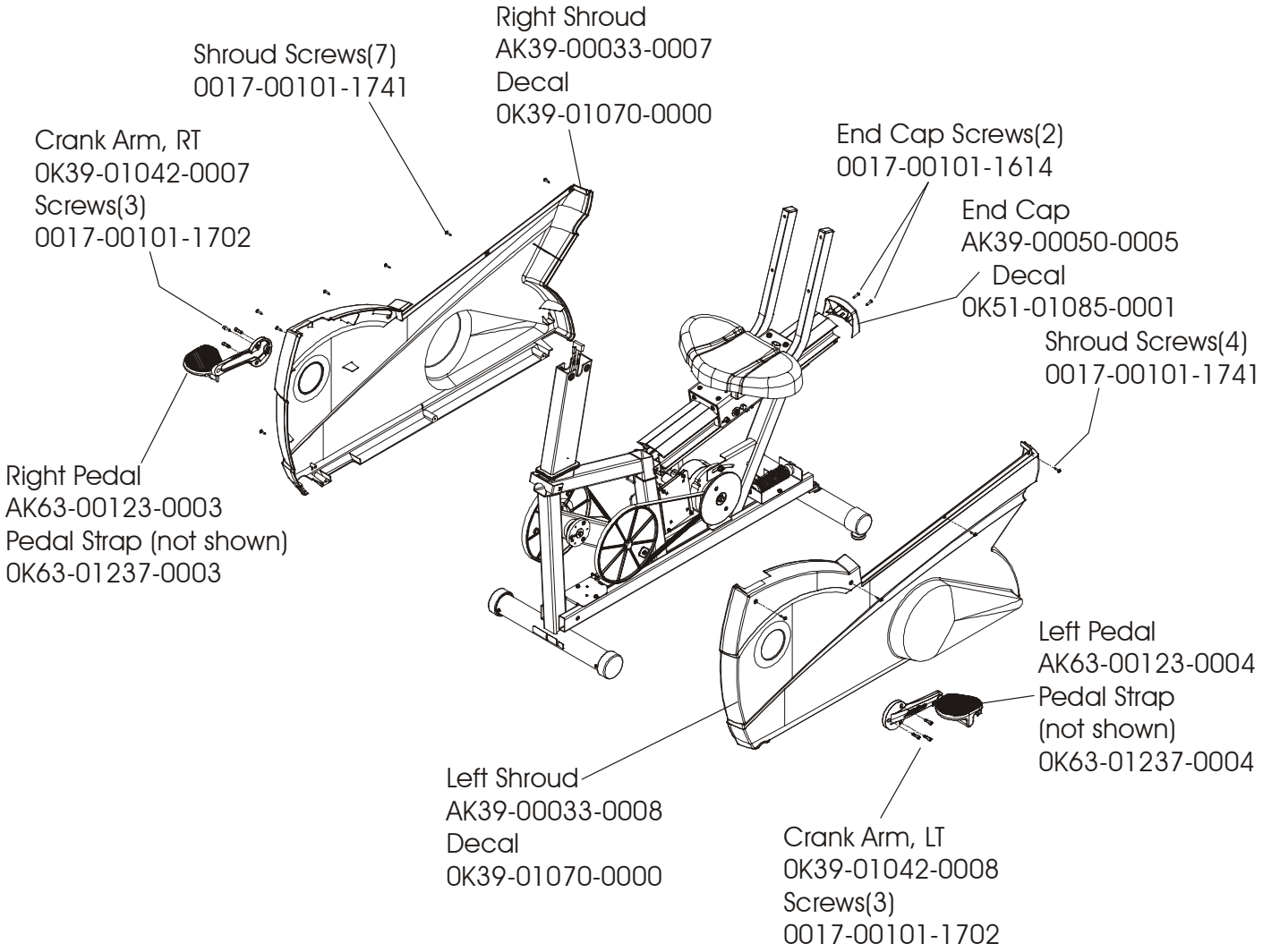


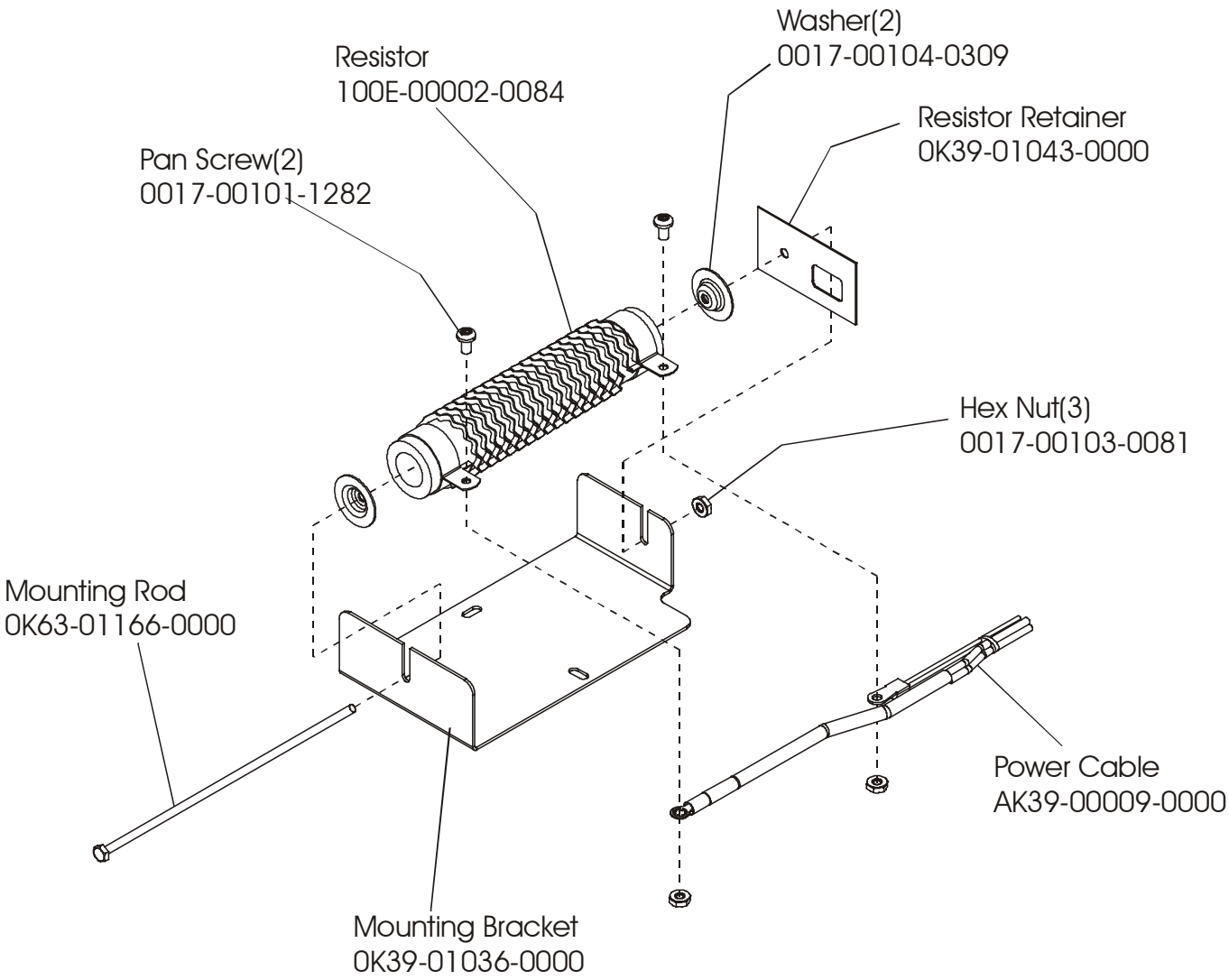
Console Assembly	Overlay/Bezel/Switch Assy.	Upper Overlay	Lower Overlay
AK63-00162-0001 Eng Met	AK63-00167-0001 Eng Met	0K63-01288-0001 Eng Met	0K63-01290-0001 Eng Met
AK63-00162-0003 Ger Met	AK63-00167-0003 Ger Met	0K63-01288-0003 Ger Met	0K63-01290-0003 Ger Met
AK63-00162-0004 Spn Met	AK63-00167-0004 Spn Met	0K63-01288-0004 Spn Met	0K63-01290-0004 Spn Met
AK63-00162-0006 Jap Met	AK63-00167-0006 Jap Met	0K63-01288-0006 Jap Met	0K63-01290-0006 Jap Met
AK63-00162-0007 Frn Met	AK63-00167-0007 Frn Met	0K63-01288-0007 Frn Met	0K63-01290-0007 Frn Met
AK63-00162-0008 Itl Met	AK63-00167-0008 Itl Met	0K63-01288-0008 Itl Met	0K63-01290-0008 Itl Met
AK63-00162-0009 Dut Met	AK63-00167-0009 Dut Met	0K63-01288-0009 Dut Met	0K63-01290-0009 Dut Met
AK63-00162-0010 Por Met	AK63-00167-0010 Por Met	0K63-01288-0010 Por Met	0K63-01902-0010 Por Met


4-Pin
Heart Rate Cable
10-Pin Connector
Main Wiring Cable
Grip(2)
0K39-01005-0001
Console Support
AK39-00003-0002
Console Mounting
Screw(4)
0017-00101-1744
Frame Post Bolt(4)
0017-00101-1756
Frame Post

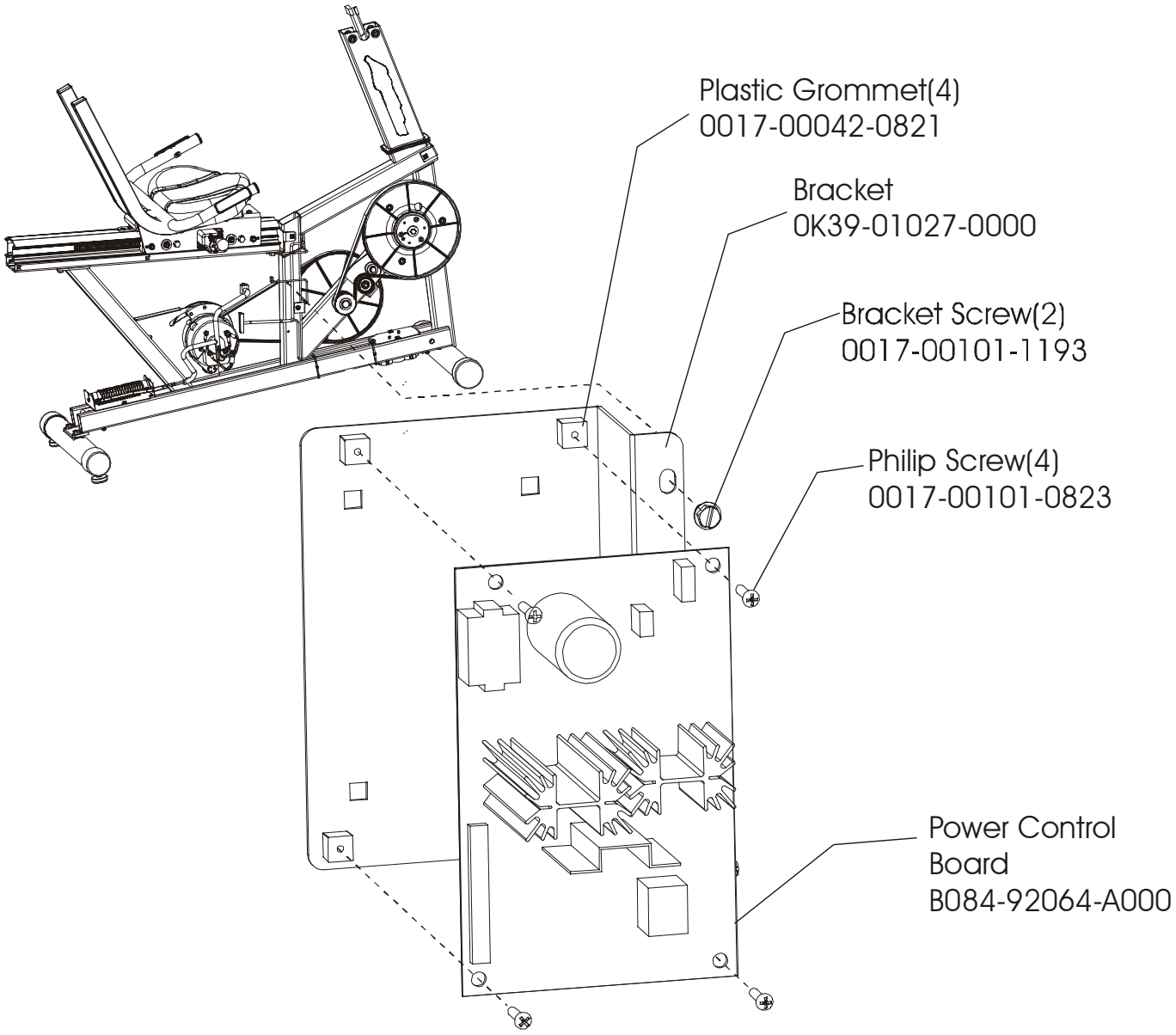
Shrouds, End Cap and Pedals

S/N CCJ100000 and UP

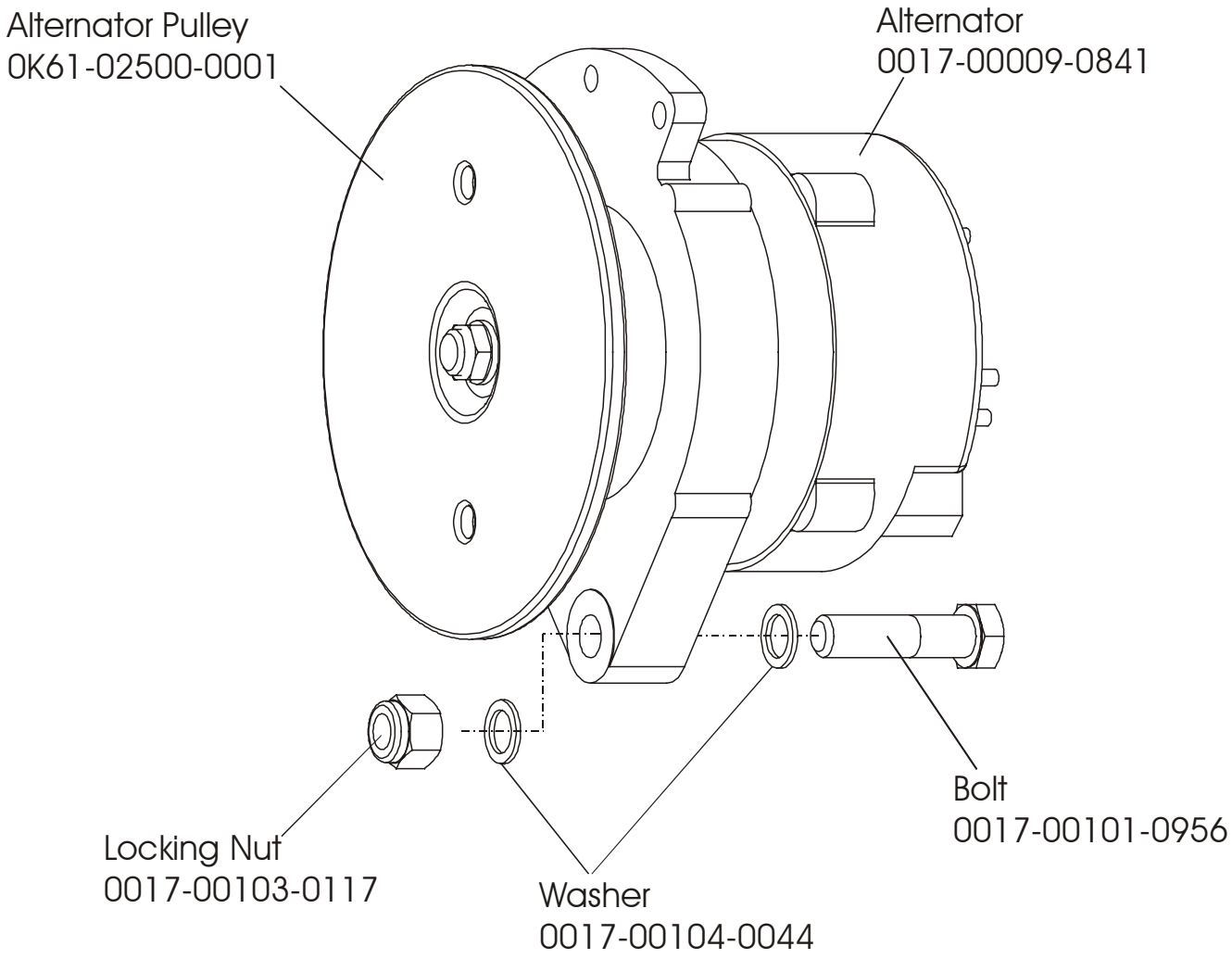


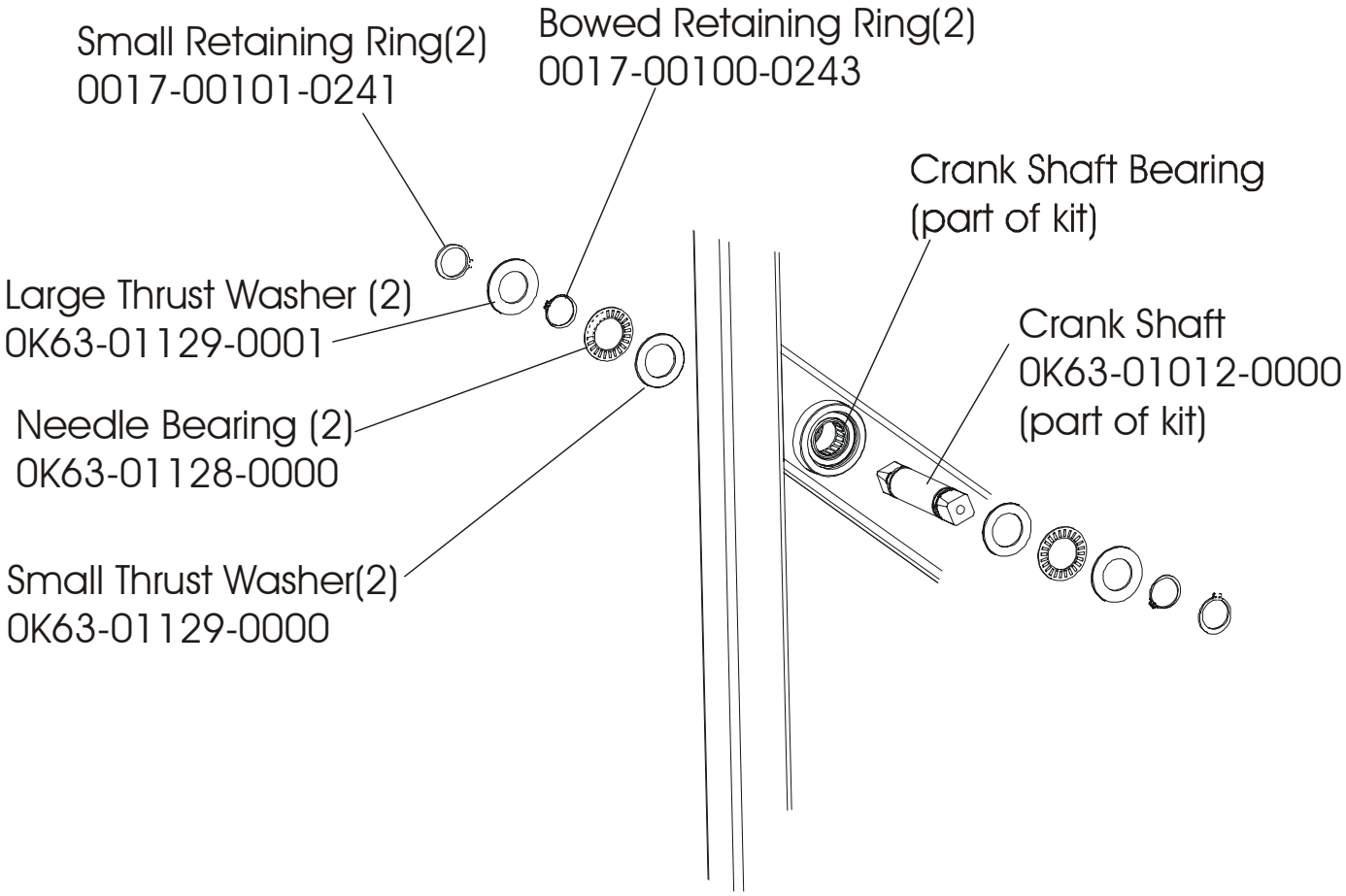

Washer(2)
0017-00104-0309
Resistor
100E-00002-0084
Resistor Retainer
0K39-01043-0000
Pan Screw(2)
0017-00101-1282
Hex Nut(3)
0017-00103-0081
Mounting Rod
0K63-01166-0000
Power Cable
AK39-00009-0000
Mounting Bracket
0K39-01036-0000

Assembly Number - AK39-00022-0002

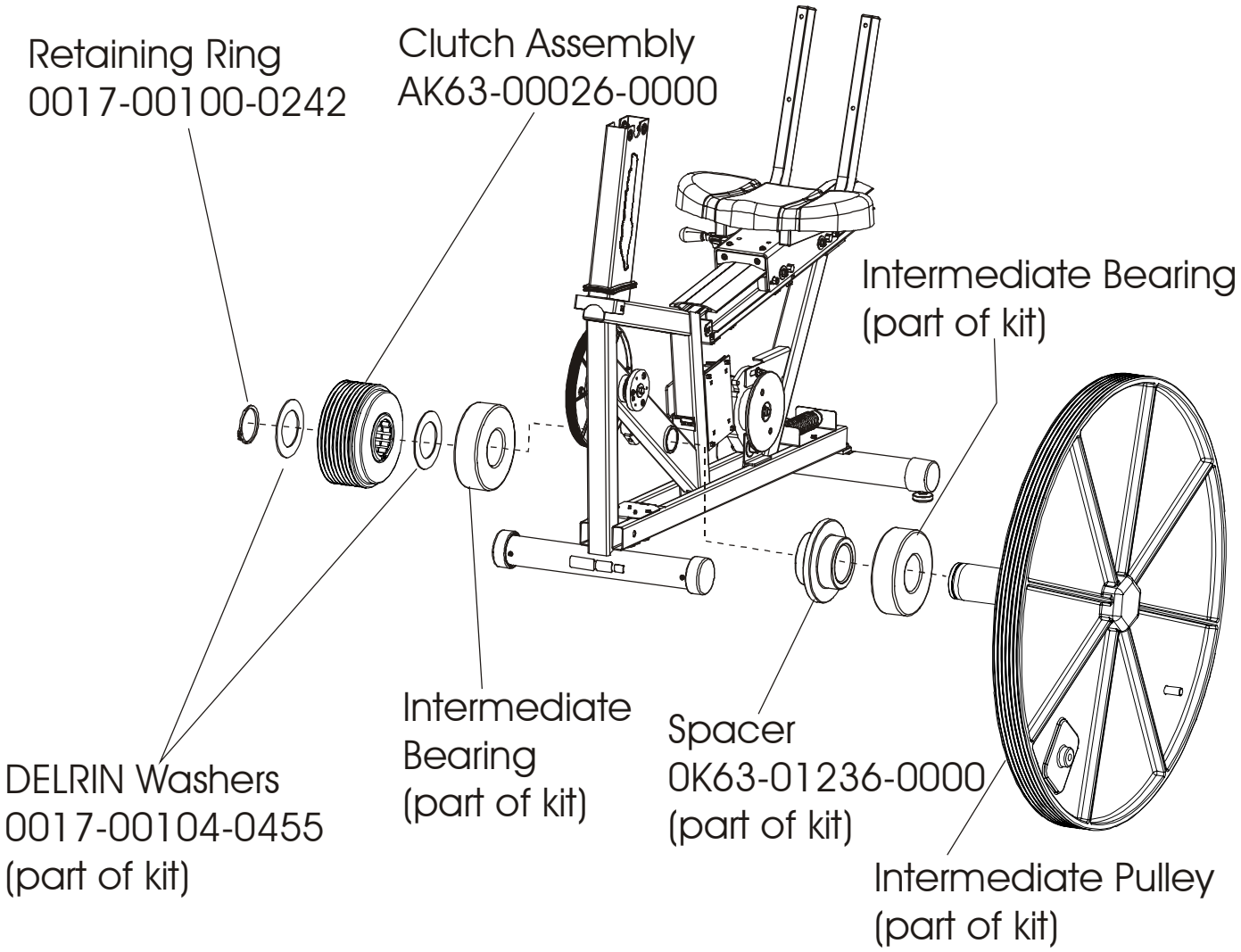


Assembly Number – AK63-00093-0000

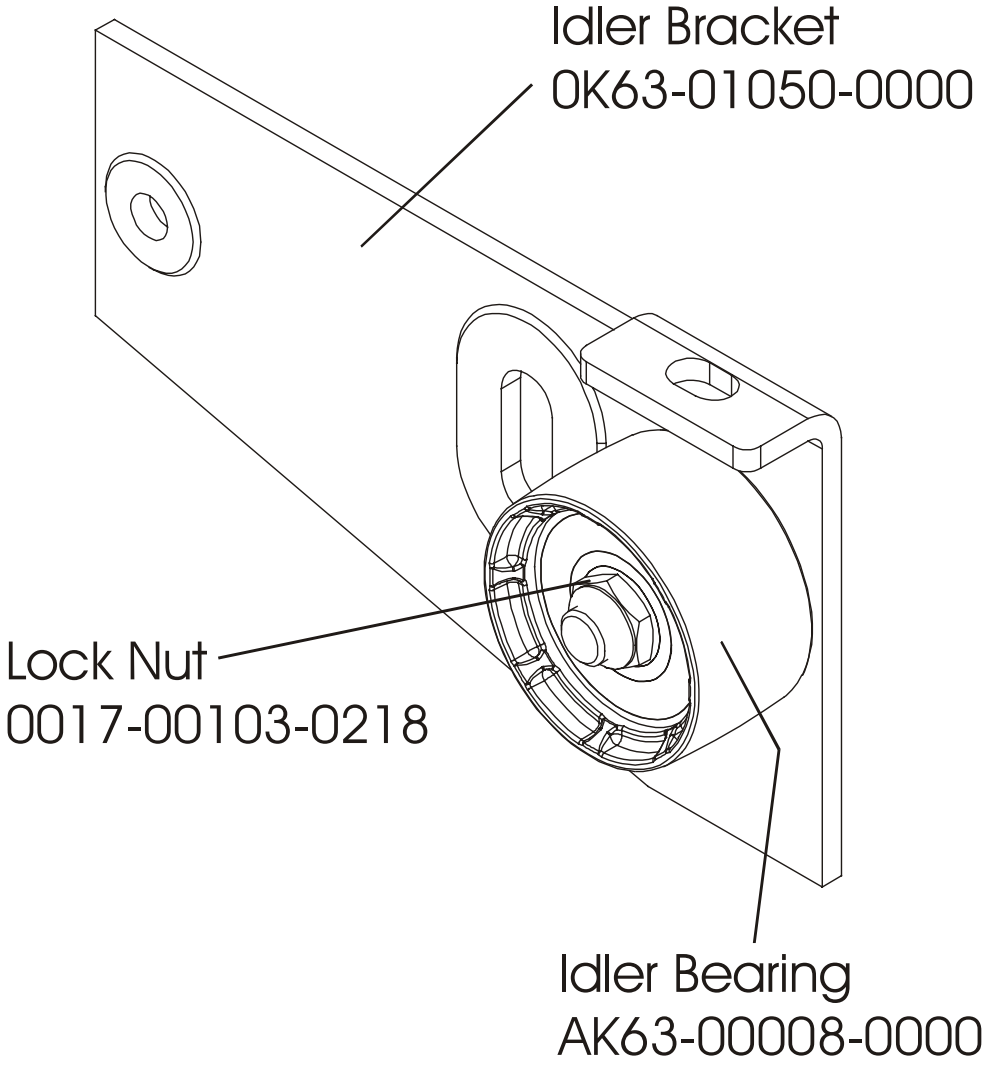


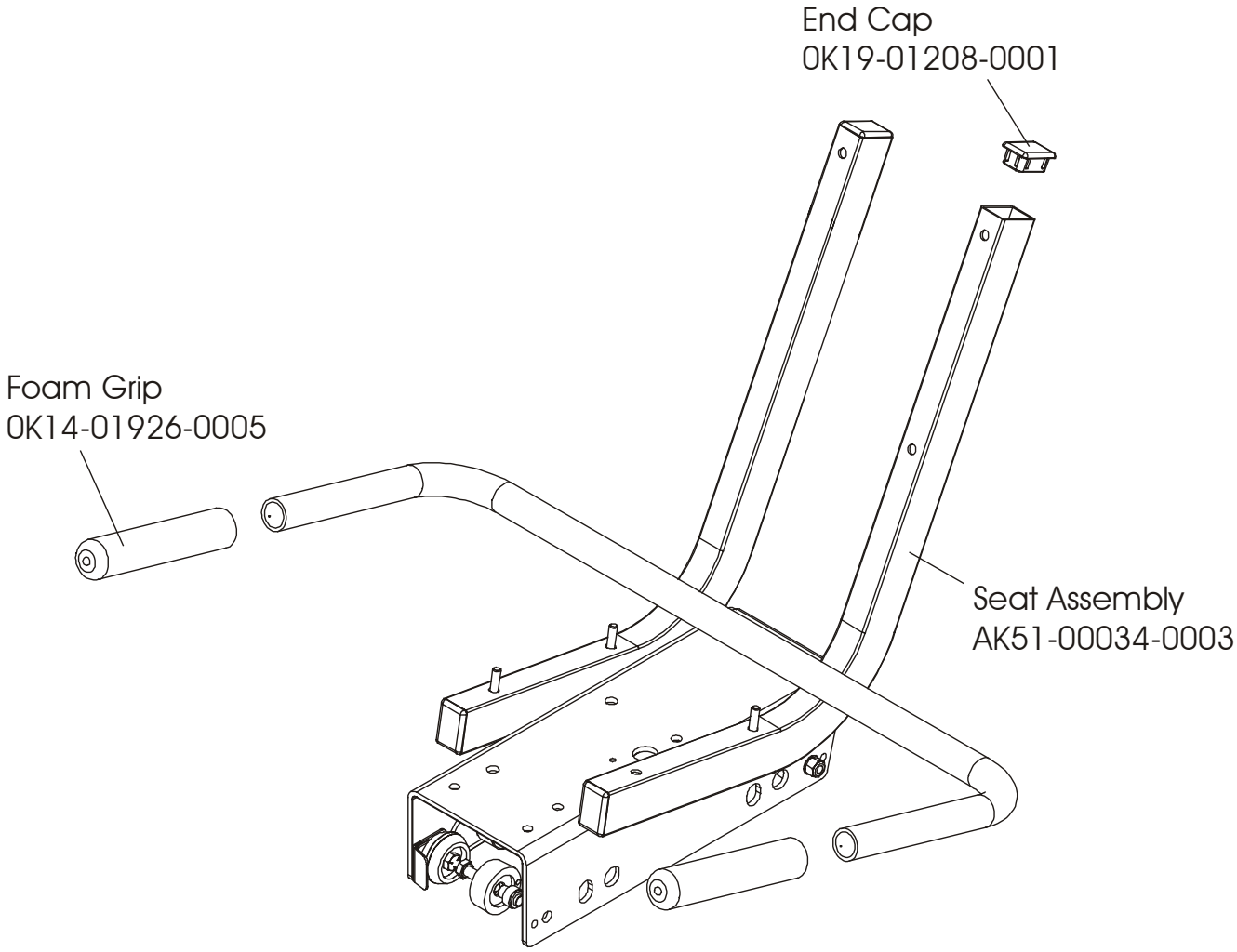

Small Retaining Ring(2)
0017-00101-0241
Bowed Retaining Ring(2)
0017-00100-0243
Crank Shaft Bearing
(part of kit)
Large Thrust Washer (2)
0K63-01129-0001
Crank Shaft
0K63-01012-0000
(part of kit)
Needle Bearing (2)
0K63-01128-0000
Small Thrust Washer(2)
0K63-01129-0000

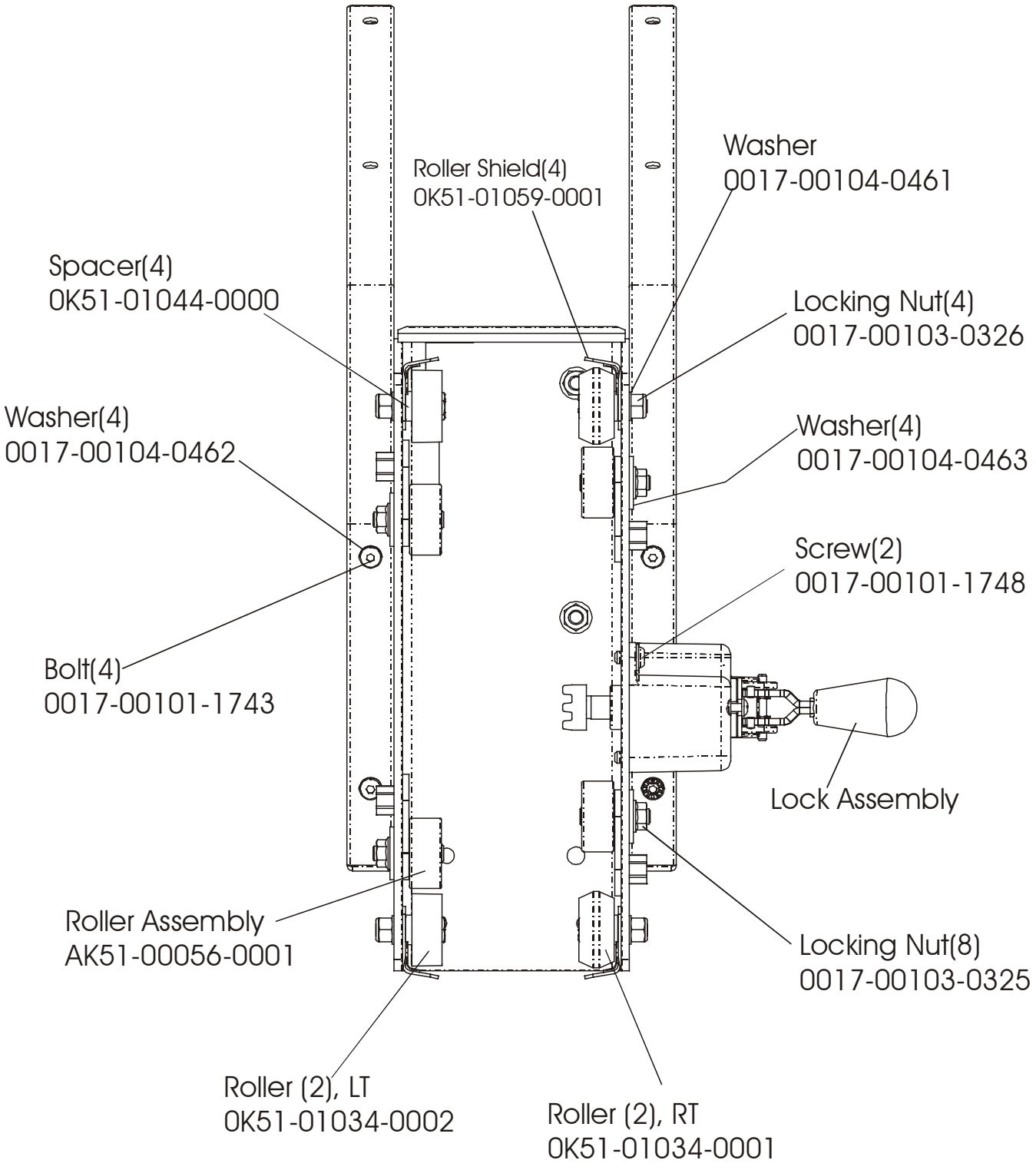
Kit Number – GK63-00002-0007

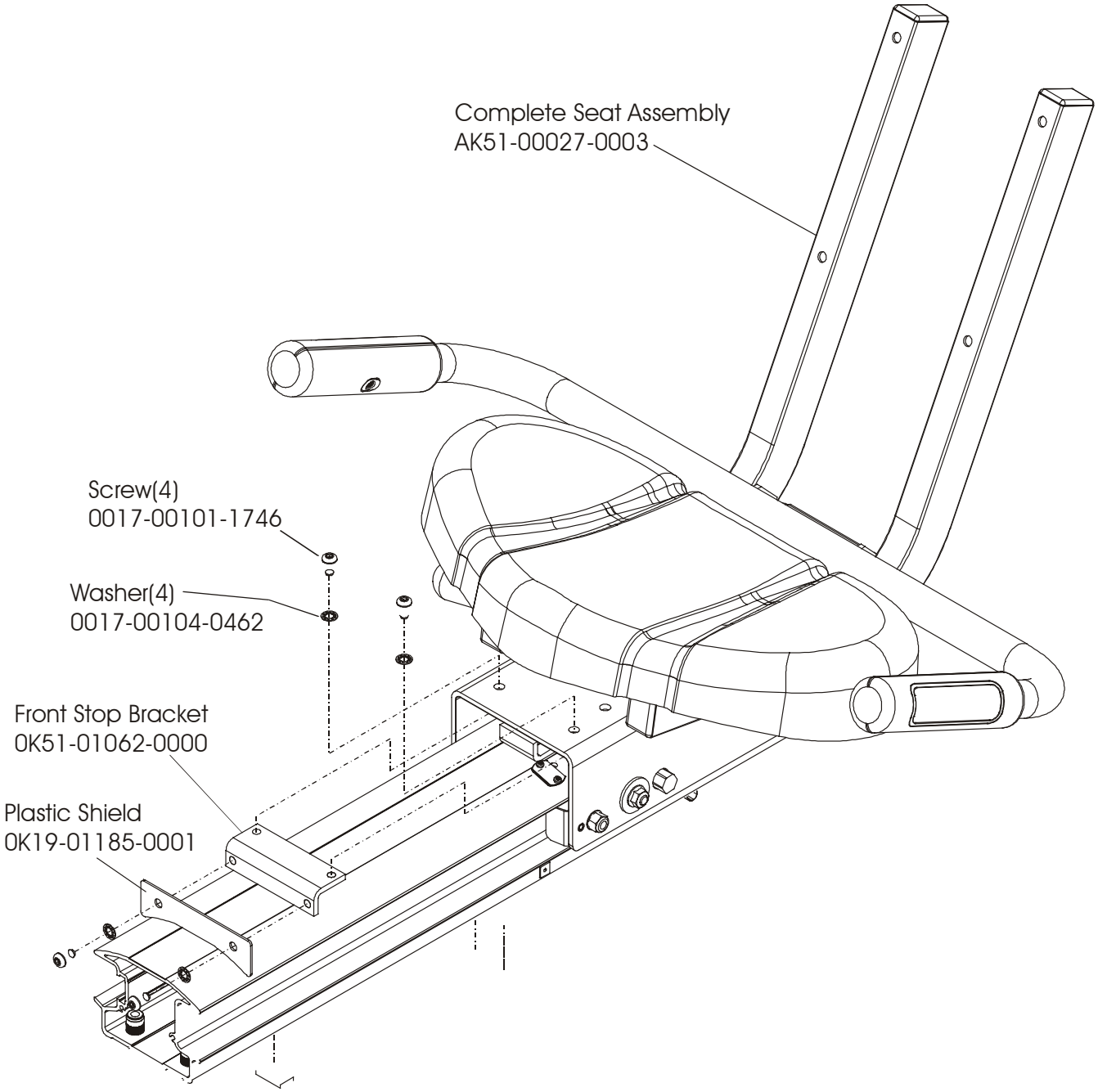


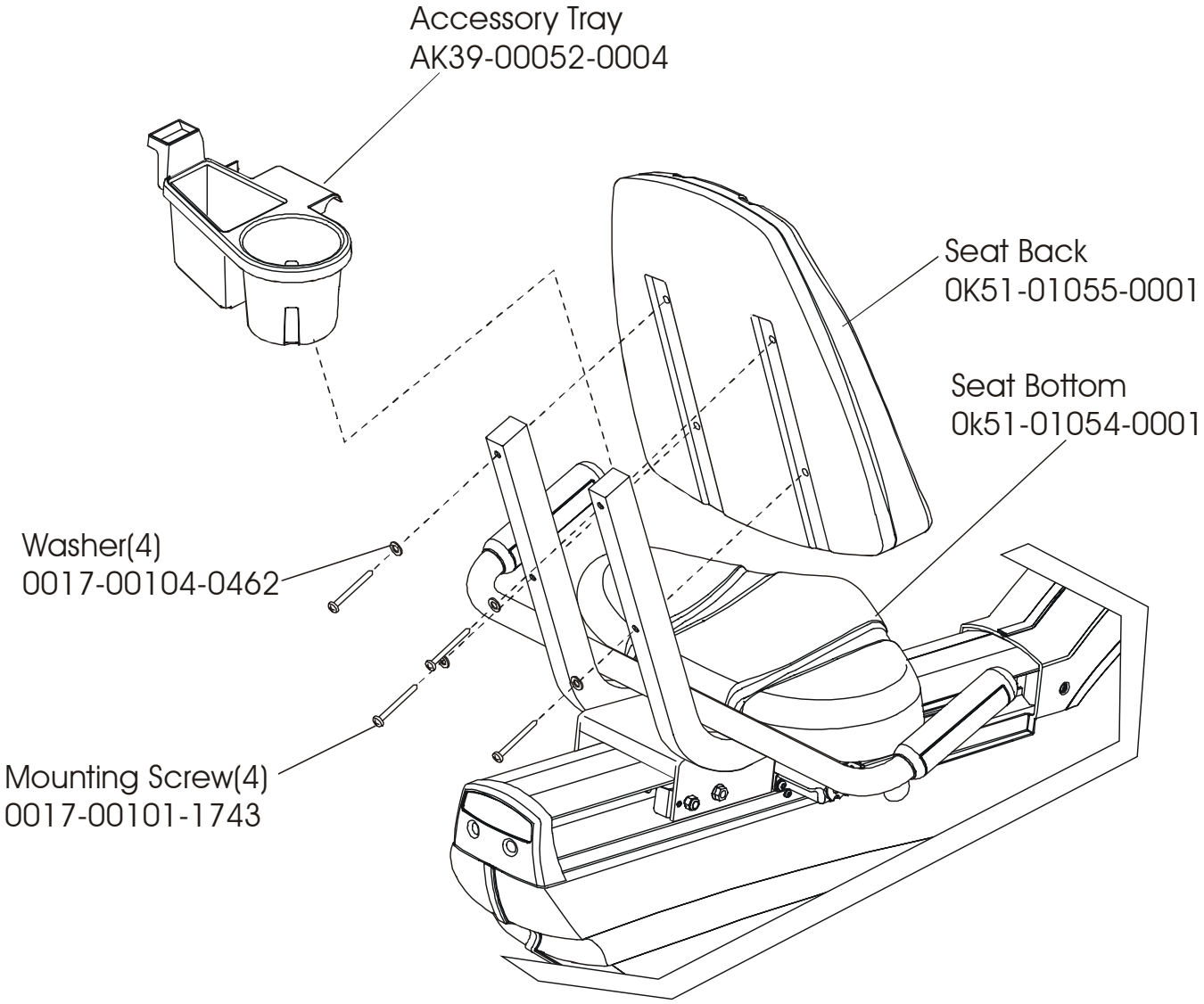
Idler Bracket Assembly – AK63-00021-0000



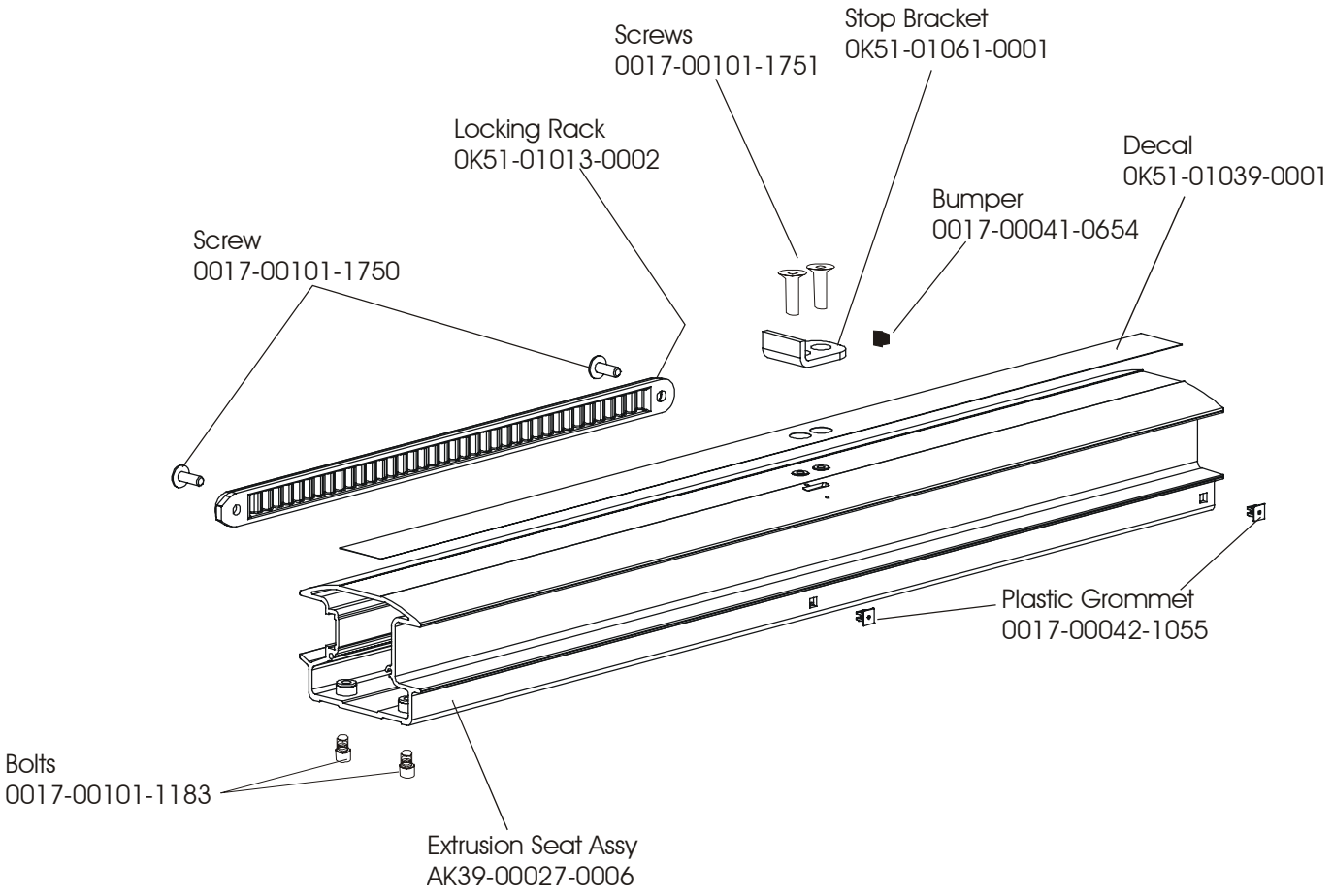

End Cap
0K19-01208-0001
Foam Grip
0K14-01926-0005
Seat Assembly
AK51-00034-0003


Roller Shield(4)
0K51-01059-0001
Washer
0017-00104-0461
Spacer(4)
0K51-01044-0000
Locking Nut(4)
0017-00103-0326
Washer(4)
0017-00104-0462
Washer(4)
0017-00104-0463
Screw(2)
0017-00101-1748
Bolt(4)
0017-00101-1743
Lock Assembly
Roller Assembly
AK51-00056-0001
Locking Nut(8)
0017-00103-0325
Roller (2), LT
0K51-01034-0002
Roller (2), RT
0K51-01034-0001

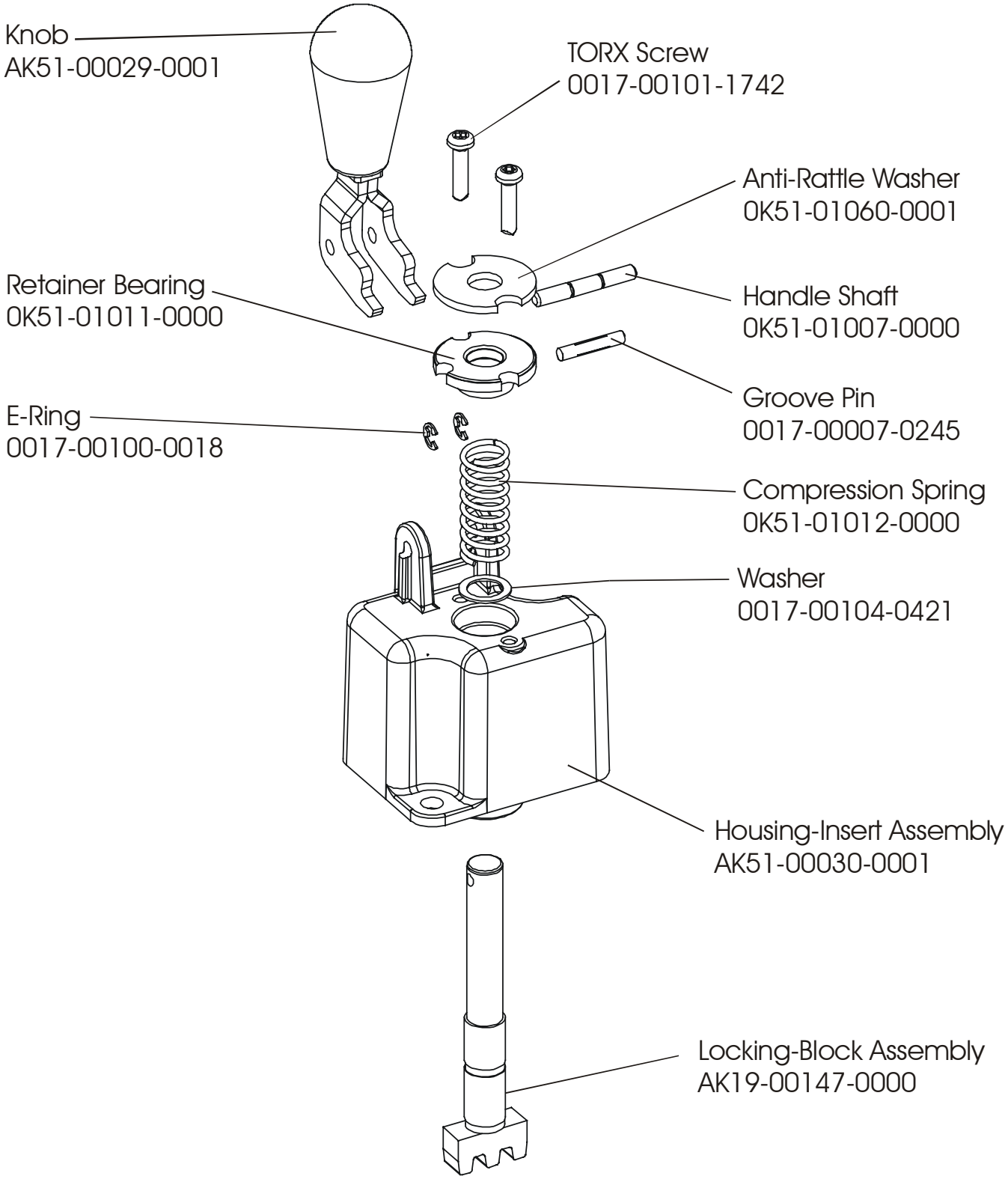

Complete Seat Assembly
AK51-00027-0003
Screw(4)
0017-00101-1746
Washer(4)
0017-00104-0462
Front Stop Bracket
0K51-01062-0000
Plastic Shield
0K19-01185-0001

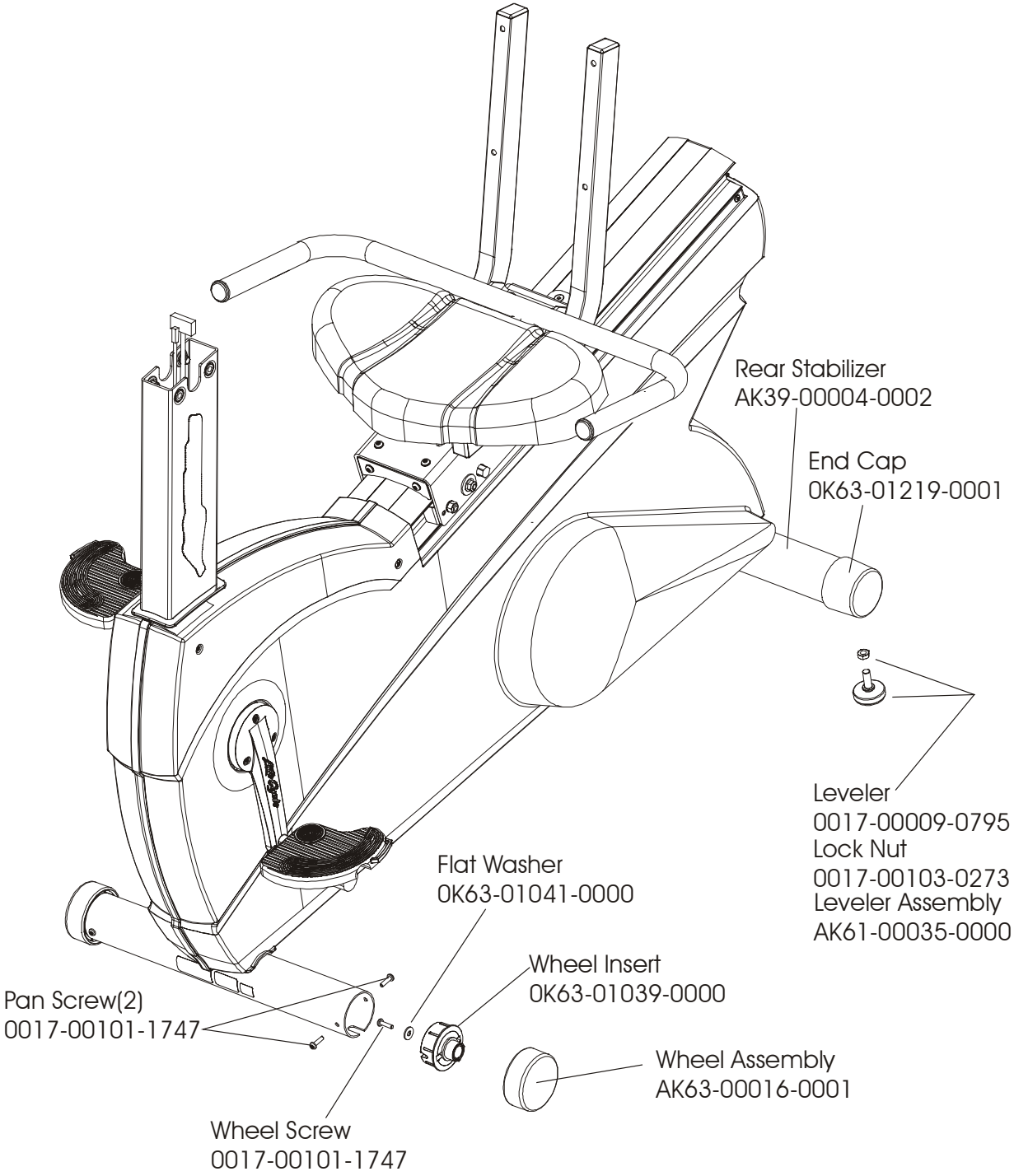

Accessory Tray
AK39-00052-0004
Seat Back
0K51-01055-0001
Seat Bottom
0k51-01054-0001
Washer(4)
0017-00104-0462
Mounting Screw(4)
0017-00101-1743

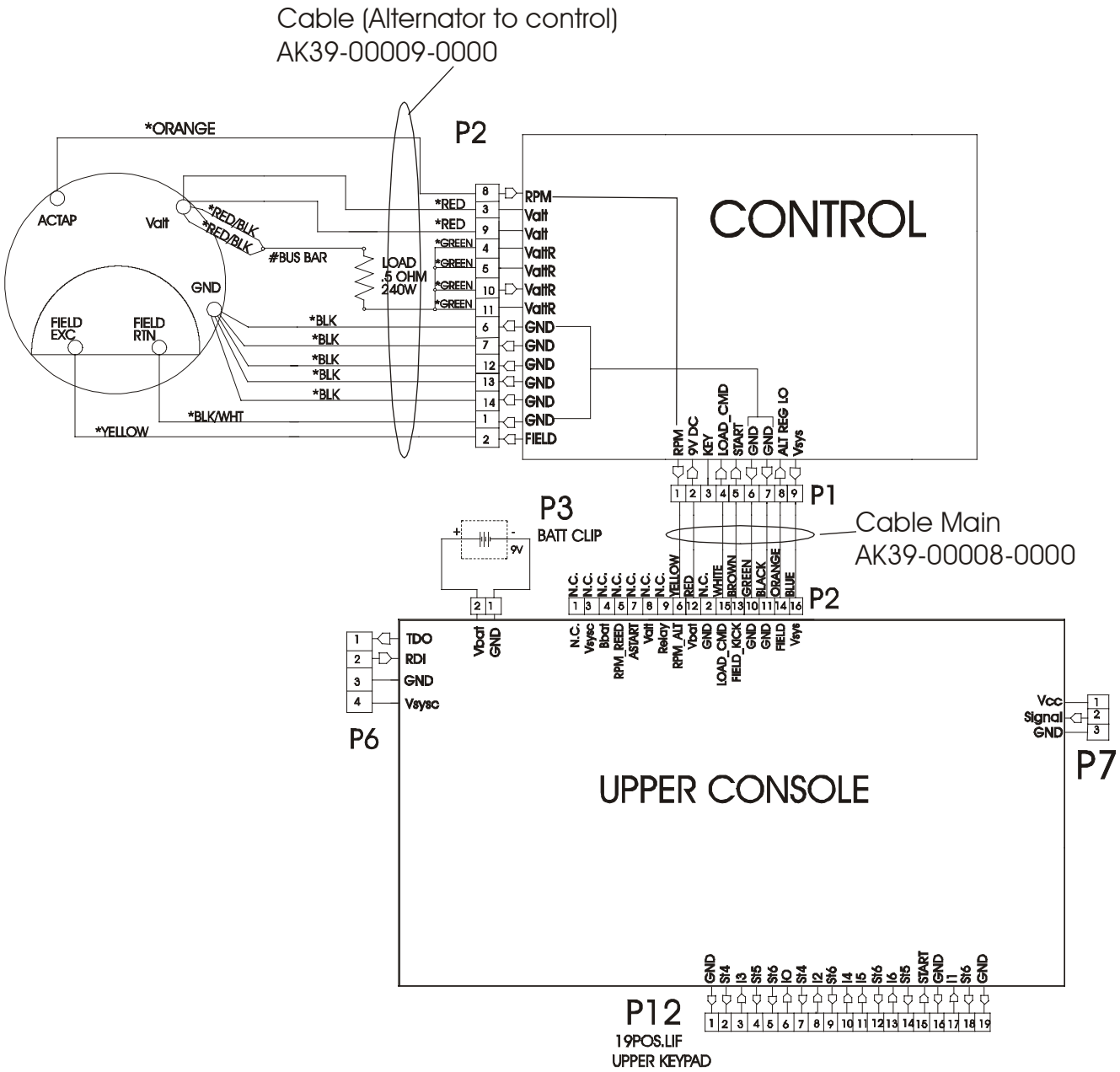
Extrusion Assembly – AK39-00027-0006 S/N CCJ100000 and UP



Locking Assembly – AK51-00053-0001 **S/N CCJ100000 and UP**




Rear Stabilizer
AK39-00004-0002
End Cap
0K63-01219-0001
Leveler
0017-00009-0795
Lock Nut
0017-00103-0273
Leveler Assembly
AK61-00035-0000
Flat Washer
0K63-01041-0000
Wheel Insert
0K63-01039-0000
Pan Screw(2)
0017-00101-1747
Wheel Assembly
AK63-00016-0001
Wheel Screw
0017-00101-1747


Cable (Alternator to control)
AK39-00009-0000
P2
*ORANGE
ACTAP
Valt
*RED/BLK
*RED/BLK
#BUS BAR
LOAD
.5 OHM
240W
GND
FIELD
EXC
FIELD
RTN
*BLK/WHT
*YELLOW
*RED
*RED
*GREEN
*GREEN
*GREEN
*GREEN
*BLK
*BLK
*BLK
*BLK
*BLK
RPM
Valt
Valt
ValtR
ValtR
ValtR
ValtR
GND
GND
GND
GND
GND
GND
FIELD
CONTROL
RPM
9V DC
KEY
LOAD_CMD
START
GND
GND
ALT REG LO
Vsys
P1
P3
BATT CLIP
9V
Cable Main
AK39-00008-0000
N.C.
N.C.
N.C.
N.C.
N.C.
N.C.
N.C.
YELLOW
RED
N.C.
WHITE
BROWN
GREEN
BLACK
ORANGE
BLUE
P2
Vbat
GND
N.C.
Vsysc
Bbat
RPM_REED
ASTART
Valt
Relay
RPM_ALT
Vbat
GND
LOAD_CMD
FIELD_KICK
GND
GND
FIELD
Vsys
TDO
RDI
GND
Vsysc
P6
Vcc
Signal
GND
P7
UPPER CONSOLE
GND
SI4
I3
SI5
SI6
IO
SI4
I2
SI6
I4
I5
SI6
I6
SI5
START
GND
I1
SI6
GND
P12
19POS.LIF
UPPER KEYPAD